

# TALON TIMES

***Mission:** Plan, direct and control all air operations in support of amphibious forces, and provide combat-ready-detachments to deployed Amphibious Ready Groups.*

## **TACRON TWELVE**

**JAN/FEB/MAR**

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# FROM THE COMMANDER'S DESK...

## Fair Winds and Following Seas TALONS!!!



**TACRON TWELVE**  
Commanding Officer,  
CDR Paul 'Veg' Bandini



*The Bandini Family says  
thank you TALONS for all  
the memories!  
Fair Winds and Following  
Seas!  
-Paul, Michelle, Val and  
Vincent Bandini*



**“You are this generations heroes!”**

**“If you change the way you look at things,  
the things you look at will change.”**

**“Happiness is not something you get in life,  
happiness is something you bring to life.”**

**“Be Smart, Be Safe, and Be Alive!”**

My Fellow TALONS, as my time here at TACRON 12 comes to a close, I want to take this opportunity to say thank you...thank you for all the amazing life long memories I have of this phenomenal squadron and the terrific Sailors who make up the heart and soul of the Navy's greatest command, the Mighty TALONS of Tactical Air Control Squadron TWELVE!

As we prepare for the Change of Command here in San Diego, our very own Detachment THREE is underway on the mighty warship USS BONHOMME RICHARD (LHD 6) in the Western Pacific supporting Amphibious Squadron ELEVEN, the 31<sup>st</sup> Marine Expeditionary Unit, and the Republic of Korea Navy and Marine Corps during exercises Amphibious Integration Training, Certification Exercise 15-1, Korean Marine Exchange Program and Fleet Synthetic Training-Joint 15-72. Outstanding job Detachment THREE, we are all very proud of your efforts thus far!

Also preparing to deployed are the hard working men and women of Detachment ONE who are finishing up their readiness training for their Summer/Fall'15 deployment where they will be operating in the Coral Sea participating in exercise TALISMAN SABRE 15 onboard the USS BONHOMME RICHARD (LHD 6). I know Detachment ONE will do great things and I wish them the best of luck and success on their deployment.

In closing I would like to thank each of you and your families for your service, for your courage, for your sacrifice, for your dedication, for your devotion, and most importantly thank you for contributing to the legacy that is Tactical Air Control Squadron TWELVE!

**“MISSION FIRST, SAILORS ALWAYS!”**

## ***TALON PRIDE!***

# FROM THE MASTER CHIEF'S DESK

By CMC TAYLOR

## Greetings Talons!

**Welcome aboard to our newest Sailors:**

OCS Paragas

AC1 Spikes

OS2 Wilken

ACAA Martinez

- TACRON TWELVE Change of Command will be onboard USS Midway museum April 9, 2015, muster time 0900L.
- In-rate examinations are complete, start preparing now for the next cycle in Sept 2015. BIB location:  
<http://www.navyadvancement.com/navy-advancement/bibliography-advancement-rate.php>
- We will conduct our next PFA in May 2015, if you are borderline in standards DO SOMETHING ABOUT IT!

Skipper Paul Bandini, the last 12 months leading with you has been an experience, thanks for the memories and friendship. These quotes are for you. Sailors have appreciated your guidance and mentorship throughout your tenure. I wish you and your family Fair Winds and Following Seas.

**"Leadership is solving problems. The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help or concluded you do not care. Either case is a failure of leadership."**

Colin Powell

**"You can't save them all."**

ACCM Taylor





## *The Ombudsman Corner*



Phone Contact Information: (619) 203-4101

Email: [t12ombudsman@gmail.com](mailto:t12ombudsman@gmail.com)

### ***Hello TACRON TWELVE Family! Your TACRON TWELVE Command Family Ombudsman:***

I am honored to contribute to this edition of The Talon Times. It is always a joy to interact with the command and their families! As always, I encourage you to help me help you. Please feel free to contact me and let me know what topics interest you most. I am here for you!

I have decided that I will follow my own advice and take some of the workshops offered by FFSC. Unless otherwise noted, register for workshops at :

866-923-6478 or [FFSCWorkshops@mwrsww.com](mailto:FFSCWorkshops@mwrsww.com).

You can even call to schedule an individual appointment on any of these topics. It's up to you!







*Home is where  
the heart is*



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## The Ombudsman Corner



**Did your spouse recently deploy?** Don't forget that The United States Postal Service (USPS) offers **FREE** packing material to families of military members deployed Overseas! **To order call: (800) 610-8734. Press "1" (For English). Press "1" again (For Operator). Ask for the "Carekit04".**



This Military OneSource Navy portal allows access to Navy-specific news, resources and social media with a simple click. Navy's fleet and family programs provide a full array of services, information and tools to assist Sailors and family members in achieving personal and career goals as they excel in meeting the obligations and challenges of Navy life through resilience and self-reliance.

*Call. Click. Connect.*

<http://www.militaryonesource.mil/navy>



PTSD is a serious condition that affects a growing number of wounded warriors and their families. To learn more about PTSD and find helpful resources or to access information on warrior care, contact **Navy Wounded Warrior - Safe Harbor** at **855-NAVY WWP (855 628-9997)**, [navywoundedwarrior@navy.mil](mailto:navywoundedwarrior@navy.mil) or <http://safeharbor.navylive.dodlive.mil>

## **FOCUS: Family Resiliency Training™ for Military Families** *Strengthening the Home Base!*

**FOCUS (Families Over Coming Under Stress™)** provides resiliency training to military children and families. It also teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively and to successfully set goals together and create a shared family story.

### Site Location

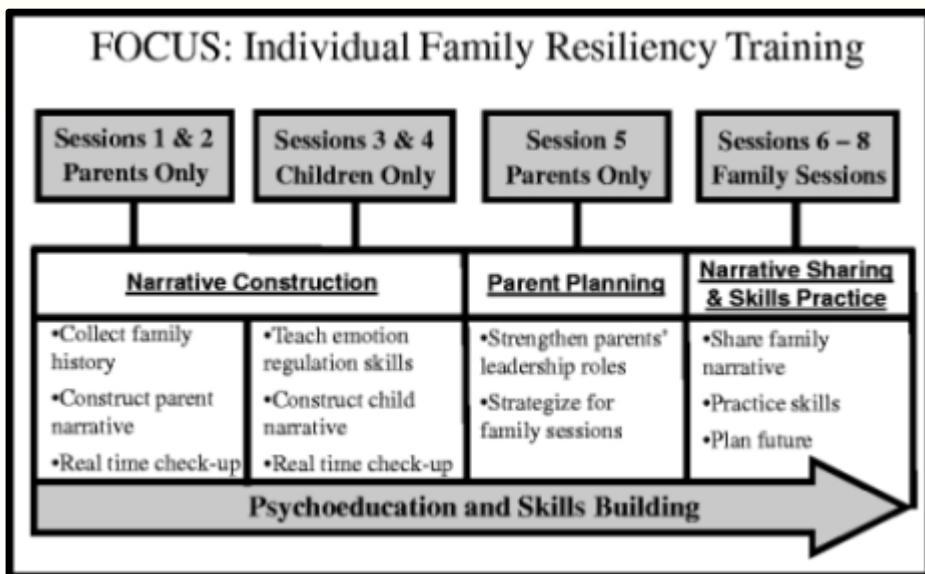
Naval Base San Diego San Diego, CA 92136

Dolphin Alley, Bldg. 265

Phone 619.556.6075

Fax 619.556.6076

[SanDiego@focusproject.org](mailto:SanDiego@focusproject.org)





## The Ombudsman Corner

# Fleet and Family Support



Meeting Your Needs at Home & at Sea

FFSP provides services through the Fleet and Family Support Centers (FFSC) such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy and the relocation assistance programs to assist service members and their families in need. FFSC has also recently opened a NEW SANTEE BRANCH!

### \*\*\*One Call Serves All!\*\*\*

For 24/7 assistance at any Navy Region Southwest FFSC, call 1-866-923-6478. For more information on Fleet and Family Support Programs, please <http://navylifesw.com/sandiego/families/ffsc/>.



Career Services



Command Leadership Corner



Counseling and Assistance



Deployment Support



Disaster Preparedness



Family Enrichment



Financial Support



Relocation Support



Retiree Support



Sexual Assault Prevention  
and Response

## Fleet & Family Support Center Locations (*Near TACRON TWELVE*)

Mon. - Fri., 7:30 am - 4:30 pm, Closed Sat., Sun., and holidays (unless otherwise noted)

### Naval Base San Diego

3005 Corbina Alley  
Bldgs. 259 & 263  
San Diego, CA  
(619) 556-7404

### Naval Base Coronado

318 Saufley Rd.  
Bldg. 318  
San Diego, CA  
(619) 545-6701



San Diego Military Outreach Ministries (MOM) is a community supported charity that reaches out to young enlisted military families (E-5 and below and wounded warriors) in San Diego with a broad range of helping services. Among the services listed below, they also host regular motivational briefings on base.

(For more details, visit [www.sandiegomom.org](http://www.sandiegomom.org), or call (619) 461-4164.



**Children's & Infant's Supplies...**



... to include diaper bags filled with personal items



**Food bags & Gift Cards**



**Household Goods & Furniture**



**Baby Showers At Navy/Marine Bases**



**Toys & Bikes**



**Family Readiness Gatherings & Holiday Events**



**\*\*\*Celebrating Young Military Families\*\*\***





# Navy-Marine Corps Relief Society



The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need and to receive and manage funds to administer these programs.

**Our Vision:** We are a private, non-profit, volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Services - active, retired, and their eligible family members to achieve financial self-sufficiency and find solutions to emergency needs.

## NMCRS San Diego, FSO

Navy-Marine Corps Relief Society  
Bldg. 270, 3115 Dolphin Alley; PO Box 131470

Naval Base San Diego  
San Diego, CA 92170

Hours: Mon-Fri 0800-1600

Phone: (619) 238-1587/1589

DSN: 526-8283

Fax: (619) 531-0083

Email: [barry.white@nmcrs.org](mailto:barry.white@nmcrs.org)

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## Navy College Opportunities



Visit your local **Navy College office**! Navy College professionals provide educational services world-wide, anytime, anyplace to Sailors and their families, supporting their life-long learning goals and the Navy's mission. The following link provides information regarding the SOCNAV program and other benefits available to military families. Take full advantage of all of the awesome resources **Navy College** has to offer and go back to school!

Website: [http://www.soc.aascu.org/socnav/Spouses\\_AidResources](http://www.soc.aascu.org/socnav/Spouses_AidResources)





# American Red Cross



As a reminder, the American Red Cross has moved to a single telephone number for its emergency communication services.

All military members and their families can use one number: **877-272-7337 (U.S. Toll Free)** to send an urgent message to a service member. This means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

A call to **877-272-7337** allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies.

Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling **877-272-7337** direct, accessing the number through a military operator or calling the local Red Cross station.

*\*For more information about the American Red Cross, and how you can reach out and donate, visit their website at <http://www.redcross.org/>\**







# SAN DIEGO METRO

COMMUNITY SUPPORT PROGRAMS

## \*\*\*Upcoming Events\*\*\*

### Sexual Assault Prevention & Response 5k Run/2-Mile Walk

April 24 • 10 am • FREE • NASNI Quay Wall at Moffett Rd  
Eliminate sexual assault: Know your part. Do your part.  
Event is open to all MWR patrons and their guests.  
Registration check-in opens at 0830, race starts at 1000. Online registration closes at 1500 April 23.



### Navy's 29<sup>th</sup> Bridge Run/Walk

May 17 • One Park Blvd. at Harbor Drive  
Join in the Navy's 29<sup>th</sup> Bay Bridge Run/Walk. This annual Navy-hosted event includes the public in raising money for the Navy's MWR programs. Experience an unique panoramic view from downtown San Diego over Coronado Bay Bridge.  
#navybridgerun May 17<sup>th</sup> at 0800

### Poker 2 Mile Run/Walk

June 10 • 10 am • FREE • Admiral Prout Field House Track  
Shuffle... Deal... Run! Prizes given for the best poker hands! Poker players must be 18 years of age. Event t-shirt awaits the first 500 to pre-register and participate.  
Monday, June 8<sup>th</sup>. (619) 556-7444



Support the thousands of sailors in the San Diego area by sponsoring programs and events throughout the year.

Click the following link for more information:

<http://navylifew.com/sandiego/about/sponsorship/>

# Active Living

*Get Out and Go!*



## Peace-Love-Run Half Marathon

**April 4, 2015**

Get your Groove on as we race along this scenic waterfront course in San Diego.

**Mission Bay-Fiesta Island**



## Margarita Run

**April 11, 2015**

Join us for a flat and fast 5k run on hard pack sand at beaches of Mission and Pacific Beach!

**3115 Ocean Front San Diego**



## Mother's Day 5K

**May 10, 2015**

Run for all of the Moms out there in honor of Mother's Day.

**Chula Vista, CA**



## Rock 'n' Roll San Diego Marathon

**May 31, 2015**

The home of the Rock n Roll Marathon series, San Diego's race goes through America's Finest city and finishes downtown Petco Park.

**Petco Park-San Diego**



# got MUD?

RUN 2015

## 2015 World Famous Mud Run at Camp Pendleton

**June 6-7 & June 13-14**

For the Hard Corps runner, test your skills on the original 10k course. This course includes military obstacles that will get your juices pumpin'. In honor of our fun runners, we're continuing the 5K for 2015.

**Lake O'Neill-MCB Camp Pendleton**



## Father's Day SUPERDAD 5K

**June 6, 2015**

Run for all the Dads out there in honor of Father's Day. Every participant will receive TWO MEDALS – one for you and one to give to your Dad.

**San Diego, CA**

*For more events, check out <http://www.active.com>*

# ST. PATRICK'S DAY RUN



IS1 Roy and IS2 Thomsen  
walking it out



TALONS waiting at the starting line



A huge CONGRATULATIONS to AC3 Parker for being the first to cross the finish line at the St. Patrick's Day 5K Run!



# Detachment Three

Snap! Click! The door opens and the dull thud of footsteps echo through the Tactical Air Control Center (TACC) as someone enters. There is a pause of anticipation from the TACC watch floor as the Air Resource Element Coordinator (AREC) enters, "AREC in TACC," a Sailor reports followed by all loudly repeating "AREC in TACC!" A flurry of



updates begin as CDR Moulis asks questions, AC2 Natividad (the TACC Supervisor) is standing by with the air plan tracker as LCDR Williams fields the questions, AC2 McClendon is monitoring the scope directing traffic to the beach, when a confident OS2 Dyer shouts out "Tiger 11 Sweet-Sweet!" "Sweet-Sweet" is echoed by all as AC3 Corey updates the Status Board and the clamor of voices

transitions to a lull. A day for the mighty TALONS on the watch has begun.

In early January, TACRON TWELVE DET 3 left the sunny skies of San Diego and warm embraces of family and loved ones to embark on the USS BONHOMME RICHARD (LHD 6) in Sasebo, Japan for Spring Patrol 2015. Some leave plans were cancelled or shortened, but the mission always comes first and the TALONS were ready. The storied ship pulled out of port to much excitement as this was the first float since a major maintenance period and almost a whole year since its last underway.

This would not be the typical deployment for the Spring Patrol, but as every sailor knows, there never is. Thailand! Vietnam! 27 days underway! These were to be the highlights of the float. Stories and plans were hastily swapped and discussed. As the days passed and to everyone's chagrin, none of these early proposals came true. Thailand and Vietnam were replaced with Okinawa and Malaysia. The 27 days underway? Well let's just say we passed that mark in January.

## **So what have the TALONS of DET 3 been up to?**

Here is just the beginning: AC3 Phillips and AC2 Seaton completed their TACC Supervisor Qualification. AC2 McClendon and AC3 Evans qualified as Tactical Air Directors/Tactical Air Traffic Controllers. OS3 Tran and OS3 Hodges qualified as Fleet Air Defense Identification Zone (FADIZ) controllers. AC3 Corey and AN Peterson stepped up and are now running the Status Board. The coveted Enlisted Air Warfare Specialist (EAWS) Pin was to awarded to OS2 Thomas and AC3 Evans with AC3 Phillips, OS2 Dyer, AC3 Darrough, AC3 Epps, and AC2 McClendon right on their heels and scheduled for their board and exam prior to the end of the float. We wish them the best of luck!

# Continued...



It's the end of March and we are on our way to Korea. Amphibious Integration Training and Certification Exercise (CERTEX) are complete as well as our time in Malaysia. AC3 Epps and AC3 Darrough suited up for the Marine Augmentation Team/ Marine Air Traffic Control Mobile Team training evolution during CERTEX. Our two expeditionary sailors joined up with the Marines and participated in an airfield seizure exercise on the island of IE Shima. Their professionalism, experience, and tactical ability were on high display as they began controlling and de-conflicting aircraft moments after being dropped off in the zone. It was a busy but exciting and rewarding time for

TACRON TWELVE DET 3. The persistence, hard work, and professionalism paid off. Our expeditionary TALONS along with our shipboard TALONS, were both given a BRAVO ZULU during the out-brief by the CERTEX evaluators.

For a deployment that began with so many questions and possibilities, long days and stressful nights, the TALONS of TACRON TWELVE DET 3 have met every challenge and hurdle with enthusiasm and professionalism. Deployed, homeguard, past and future Sailors and Marines all can say without a doubt that we are proud to call ourselves TALONS... I know I am. ~Written by Capt John "Red" Baron





## **Welcome Aboard**

OSC PARAGAS  
IS1 SPIKES

OS2 WILKEN  
ACAN MARTINEZ

## **Fair Winds and Following Seas**

IT2 RICHARDS  
AC2 DELLORSO  
AS3 AYALARIOS

AN CHARGO  
AN DUNCAN  
AN WAGNER

## **Awards**

### **MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL**

IT2 RICHARDS

### **NAVY AND MARINE CORPS ACHIEVEMENT MEDAL**

AC2 ANDERSON

AC2 DELLORSO

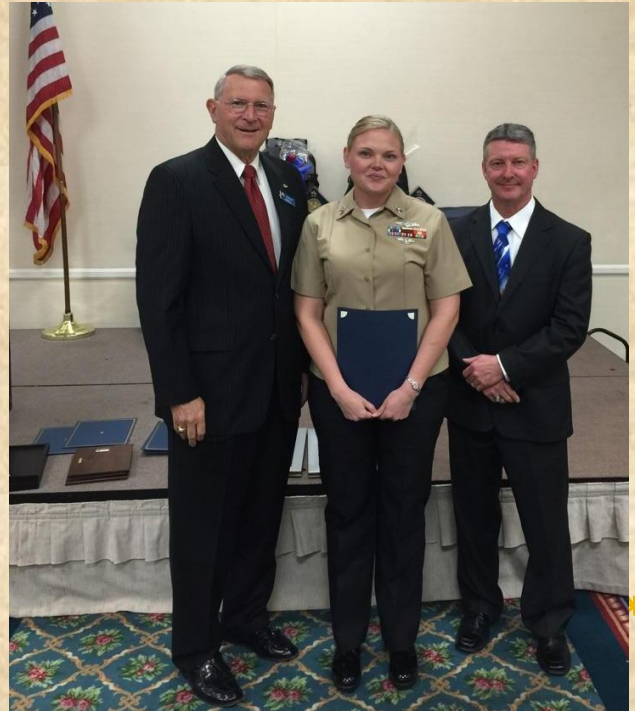
### **LETTER OF COMMEDATION**

AS3 AYALARIOS

### **LETTER OF APPRECIATION**

AN DUNCAN

# ENLISTED WOMEN OF THE YEAR



IT1 Castroluna and IT3 Bricker are presented with a "Letter of Appreciation" at the Enlisted Women of the Year luncheon.



# TALON TIMES

## G\*A\*L\*L\*E\*R\*Y



AC3 Tran, AC3 Epps, and AC3 Darrough enjoying the view in Malaysia.



Presenting a few of TACRON TWELVE's color guard  
YNSN Santana, OSSN Oberg, ACAR Gomez, and OS3 Colasito



YN3 Quinones taking a break while zip lining through Okinawa's Forest Adventure Park



CDR Phillips, LCDR Zaltsman, and IS1 Roy show no mercy when it comes to musical chairs.

# UPCOMING BIRTHDAYS

## APRIL

LCDR Zaltsman  
ACC Dorich  
AC2 Natividad  
IS3 Venzant  
IT3 Bricker  
AC3 Brown  
AC3 Coakley  
OSSA Oberg

## MAY

CDR Moulis  
LCDR Williams  
IT2 Martinez  
AC2 Goldschmidt  
IS1 Powell  
AC2 Stewart  
IS2 Thomsen  
AC3 Corey

## JUNE

AC1 Ramirez  
IS1 Roy  
OS2 Wilken  
AC2 Doxey  
AC2 Longshore  
AC2 Murphy  
AC3 Ramirez  
AC3 Crowell



# Happy Birthday, TALONS



# **TALON TIMES:** **CLOSING REMARKS**

**TACRON TWELVE** stepped into the new year with ease. **DET THREE's** hard work pays off as they continue to make significant accomplishments, while **DET ONE** prepares to head out and take their place. With spring just around the corner, we can only expect more remarkable achievements as we carry on during the course of the year.  
**KEEP UP THE GOOD WORK TALONS!!**

*TALON Times Newsletter Editor: IT2 Jessica Pendley and IT3 Karena Bricker*

